

# ARE YOU OR A LOVED ONE AT RISK FOR FALLS?

## FALLS AMONG SENIORS

- 1 of every 3 people over the age of 65 fall a year
- For Seniors falls are the leading cause of
  - **Injury**
  - **Hospitalization due to injury**
  - **Death due to injury**

In 2000:

- 1,600,000 Seniors were treated in emergency rooms for injuries related to falls
- 353,000 Seniors were hospitalized due to the injuries they sustained

In 1999:

- 10,000 Seniors died due to fall-related injuries
- 6,000 of those were 75 years or older

## CONSEQUENCES OF FALLS

- Increase in Risk of Premature Death
- Decrease in Mobility and Independence
- Increase in Admittance to Nursing Homes or Long-term Care Facilities

## THE RISK FACTORS FOR FALLS

- Tell your doctor if you or your loved one have the following risk factors
  - A **previous fall** in the last 6 months
  - Difficulty **walking** or **getting out of bed or chairs**
  - Difficulty **maintaining balance** while walking
  - Feeling **weak** or **dizzy**
  - **Forget limitations** or have a cognitive impairment such as **Alzheimer's**

## WHAT YOUR DOCTOR WILL DO

- After telling your doctor, he or she may perform a falls risk assessment
- If you are at risk, your doctor may refer you to a Physical Therapist or other care provider for follow-up

## WHAT YOU CAN DO

- Pick up the brochure on fall prevention and preventing falls at home
- Keep exercising – maintaining strength & balance is a **key** in fall prevention
- Talk to your doctor about fall risk